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An.

Inaugural Dissertation

On Dyspepsia;

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By Thomas J Squibb
of
Delaware.
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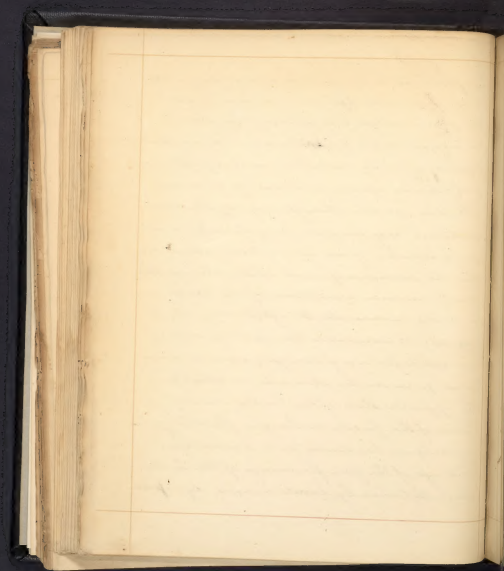
1750

On Dyspepsia.

The wonderful power observes a late beautiful writer of the digestive apparatus to assimilate every thing which air, ocean, or earth yields, to the support of man, is a striking proof of the wisdom and beneficence of our creator. But it is erroneous in principle and pernicious in practice, to infer from this, that because we can eat all things, we may therefore, eat all things with impunity. Considering therefore the great variety of articles taken into the stomach, the want of moderation in regulating the quantity of them, and fresh matters perpetually thrown in to be assimilated before the former chyme has passed into the duodenum, together with other causes to be spoken of hereafter, it is not surprising that so delicate an

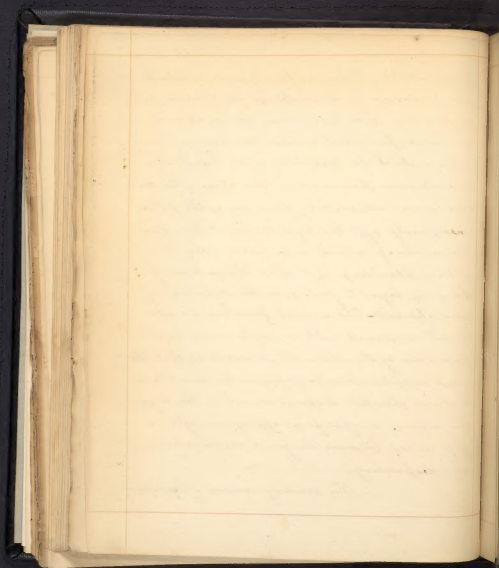
an organ as the stomach should so frequently be affected with ~~dyspepsia~~ or, as it is more popularly called, indigestion. This disease, the subject of the present essay is a complaint that is infinitely diversified in its symptoms, and depends upon a great variety of causes.

It does not run through any regular course or observe any uniform progress; but, consists in a number of morbid actions, which succeed or accompany each other. Among the most common symptoms of the disease we may enumerate the following; loss of appetite or sometimes the contrary state of an acute feeling of hunger, nausea, vomiting, pain in the stomach, costiveness, or the opposite state of the bowels, morbid condition of the faecal discharges, flatulency, cardialgia, headache, sour eructations, coldness of the feet, flushings of the cheeks, sleep disturbed by horrid dreams, depression



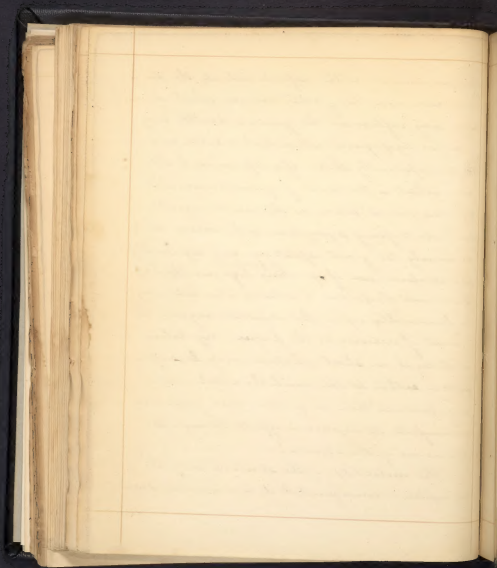
of spirits &c. These are the symptoms which most commonly characterize the disease; but anomalous cases sometimes occur, wherein we have perverted vision, temporary blindness, violent palpitations of the heart, severe nervous tremors &c. This stage of the disease is not attended by fever, nor is the pulse necessarily affected by it, unless it be so from the weakness which is induced when it is of long standing, and when the powers of the body begin to fail from the deficiency of nourishment. The mental faculties are also much concerned with, or influenced by the condition of the stomach; so much so that the same individual who possesses the most active and cheerful disposition, while the digestive organs are free from oppression, after a full meal becomes languid, melancholic, and desponding.

The exciting causes of dyspepsia



are as various as the aspects which the disease assumes. Every other disease which in any way influences the general health may induce dyspepsia; all violent mental emotions, especially those of a depressive kind; and what is the most frequent cause, and the one which produces the most urgent and distressing symptoms a luxurious diet, or merely too great repletion; and especially the excessive use of ^{or fermented} spiritous liquors. The habitual use of opium or tobacco also acts very unfavourably upon the digestive organs; the want of exercise or the proper regulation of it; and in short whatever may be supposed either to diminish the vital powers, or to produce their irregular action frequently manifests its injurious effects through the medium of the stomach.

The intractability of the stomach and the symptoms consequent to it, are, however some-





composition. In this little work the disease is
 not only explained, but the primary
 affection is well accounted for, and the
 the treatment proper for dyspepsia is
 laid out, and probably in practice. When the
 cause seems to arise from the action of the
 stomach is altogether unimportant of a chronic
 disease, but dependent upon the same
 principle as the symptoms of the
 alimentary system, but the management
 of them will probably be found in the
 second part. The object then in the first is to
 endeavor to ascertain the nature and
 origin of the primary, and especially
 into the nature of the diet and the
 manner of eating, from which the
 symptoms of this kind the most
 common may be derived, and
 particularly those by the retention of the
 food in the stomach. It is found



[illegible]

As I shall consider the disorder of
mind which in every instance accompanies



this disease where it is of long standing, or, as is sometimes the case depending upon it as its cause, it will be necessary to arrange the remedies under two heads first, of those which act upon the testis, and more particularly upon the stomach and alimentary canal; and, secondly of those which will have a tendency to divert and relieve the mind.

Being called to a patient, to whom with the symptoms which I have above enumerated, it will be obvious that morbidities are lodged in the stomach, and, in order to obtain relief, the first step will be to expel them; and for this purpose I would recommend vomiting therefore the aim - this remedy usually and perfectly cures the cause of this disease. As vomiting may be excited by various means, it will be necessary to observe, that the mildest articles possessing that quality should be selected. And for



the purpose, there is no article better suited to the case than the Ipecacuanha, both on account of its safety and being perfectly safe. In most cases we will derive very great benefit from this medicine and it may be repeated when necessary. Nevertheless I would not advise a too frequent recurrence to this remedy, otherwise the torpidity of the stomach would be increased and consequently the symptoms be aggravated.

Having evacuated the stomach, we are in the next place to turn our attention to the bowels, which will also require to be opened, requiring the aid of evacuants here also as in the case of emetics, a discrimination is necessary. In selecting articles of this kind the mildest should be preferred, and of these I have found none so good as magnesium or sulphur in combination or the barl, either alone, or in combination with magnesia, or



it does almost not to resort any more to
 the patient, and some can rather resist
 it to his taste, not always according those
 of a doctor, or irritating kind. By the
 means of which the stomach and intestines
 have caused of their oppression and irritating
 contents, and prepare the system for the use
 of tonics. It will be necessary at this time
 to observe that in the constant use of emetics
 and purgatives with great impudence, and as
 physicians more or less proceed, the employ-
 ment of some mild and pleasant air be neces-
 sary, and for this purpose there should be
 resorted, which combine with a cathartic,
 with a tonic quality, as sweet oil, &c.
 and so. The utility of these actions inde-
 pendently of its cathartic property, has
 found one of the best tonics in the most potent
 action. I have now used, and the former
 when in combination with camphor, castile





composed by the acid writing there. An ex-
 cellent preparation of this kind and taste
 is given out in point of ability to all
 others of the kind. It is composed of bicar-
 bonate of soda and baking soda. An all-
 round and very good one, is a solution of
 carbonate of soda in water, given in the
 standard medicine of soda by medicine, and
 it is very well suited, which by a taste does not
 seem to be so. I have seen this
 with the exception of a few lines out of
 what I have to say upon the various
 places of treating the disease. Believing that
 a properly treated and judiciously employed
 they will be a cure of the disease except
 in that arising from organic damage
 want to sufficiently alter or to further any
 simulation at least I have seen more in my
 limited opportunities of observing the dis-
 ease, where they have not in my opinion



with the roses which I am brought to
speak of concerning distemper & the like
examples. All the times which I cannot remember
about there is no one I think compares to
the common disease; then I have suffered
for a long time in my life and not
truly one, that I have suffered as much
pain as, than from any other of the kind, and
my trials of these were not less, my trials
I have also learned from the same time and
not about the disease or the disease that
there have experienced very great relief from
I have indeed I think it a very excellent
disease not only in the treatment of the
disease when I have seen it, but, particularly
in its dependence. The treatment is a great
relief of the disease in its treatment, but with
the treatment of the disease is a great
relief from, it is a great relief of the disease.
I have seen the disease in many other of



the life of a man, a great deal of labour is
 given to the study of the human
 mind, and the study of the human
 mind is the most important of all
 by the last of which the human mind is
 exercised, and the human mind is the
 result of the study of the human mind.

With regard to diet the ancient usage
 of what is now called meat is another
 point, many will much properly be a
 disputed point; but it is not necessary to
 see that the present with out with im-
 pite, and which with delight will be in
 other to both solutions and dogmatism,
 and here we see the difficulty of selecting
 of selecting a point of diet to be particularly
 appropriate for the human mind. There is here
 one conclusion which in every case is
 evident, that whatever diet may be
 employed or in what manner prepared since



fruits are temperance so, and even a diet
 of light gr. will never ever come across a
 case when a much diet will not be necessary,
 and when that is the case, we shall find
 little difficulty in obtaining for our patient
 much relief, almost entire recovery, and
 there is no article of the *materia alimentaria*
 better calculated to fulfil the majority of in-
 dications in the complaint, than this. Indeed
 so efficacious is this article that I have known
 it in two or three instances to effect perfect
 cures when aided by those indispensables,
 pure air and exercise. I might here add the
 very ^{best} of the other articles recommended to
 be made use of as diet in dyspepsia, but deem
 it unnecessary as every one knows best the
 kind of food that agrees with him, and shall
 pass from the subject by merely ~~repeating~~
 observing, in confirmation of what I have
 heretofore said, that country air and exer-



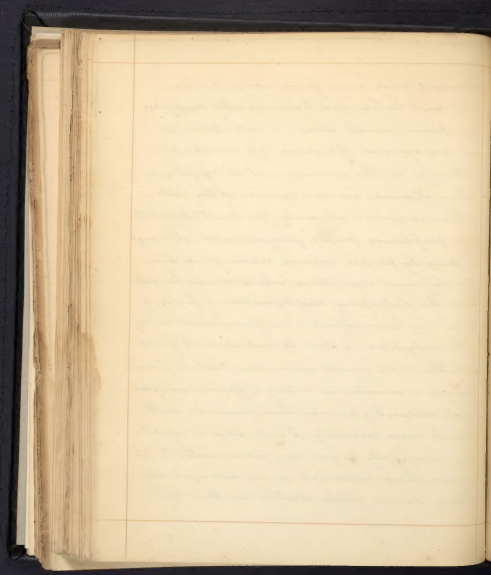
cise of any kind but more particularly riding on horseback, temperance in eating and drinking, clothing warmly, avoiding the oppressive cares of business, and I may add as what is not less necessary the unreasonable pursuits of pleasure, are the ground and in almost every instance the only remedies for dyspepsia.

I have hitherto spoken of acute treated dyspepsia as it arises from irregularities and excesses; and next to enter upon that part of the treatment of it which does not require so much the aid of our medicines as our sympathy and reasoning, mean when it arises from distress of mind. The mental faculties and digestive organs are so intimately connected that the derangement of one necessarily involves the other—hence the gloomy antipathy and indelible despondency attending his derangement; which, as I have before



observed, may arise from irregularities in diet and habits; and, hence also, the dyspeptic symptoms which sooner or later take place in consequence of a severe loss, unexpected calamity &c. The management of dyspepsia, when it arises in consequence of the latter of these causes, is obviously the most difficult and perplexing for the physician; for, although he may by proper means relieve for a time the different symptoms which occur, he will have the distressing mortification of finding that they have afforded no permanent relief.

The only plan is then to endeavour to find out the real cause, and when that is found (which is sometimes a very difficult and delicate research) he may then prescribe with much more certainty. I have here to regret my incapacity to give any precise rules to adopt in those cases but in my incompetency I am cheered by the recollection that the



work on the diseases of the mind by that star of his profession the lamented Rush still exists as a monument of his worth and as a directory to us in these interesting and important points.

When I selected this disease for the subject of my thesis, (which was not till after the present course had commenced,) I was not aware of the extensive field I was about to enter upon, were I to treat of it in all its stages and relations to other diseases: therefore when I saw its extent, and knew that I had neither time nor abilities to do it the justice its importance deserves, I concluded to treat merely of that simple form of it, which I had opportunities of observing in my own person, and that of some of my friends, and this I hope will be a sufficient apology for its imperfections, desiring, that, as it is my first essay on any subject, it may be the least worthy the notice of any one.

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Dr. H. H. H.

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